

Class Description

Summer 2015

Cardio Express/Pump: The best of both worlds. High intensity cardio mixed with muscle toning of power pump.

Cardio Kickbox: Up tight from a stressful day? Leave it all behind as you combine ancient self-defense movements with boxing skills. This demanding workout will challenge you both mentally and physically.

Cardio Strength Circuit: A mix of balls, bands, tubing, weights bars, and kickboxing. Class format is circuit training. You will experience a unique work out every time.

Cycling: Cycling takes you on a virtual outdoor ride complete with hills, valleys, flat roads, sprints, and jumps. Cycling is taught on stationary bikes to great music with an instructor coaching you along the ride.

Deep Water: This class is a great summer workout. Using aqua joggers and pool weights you get a high intensity low impact workout in the deep end of the pool.

Exclusively Core: A rocking 30 min. core workout. Building strength begins with your core.

HIIT-High Intensity Interval Training: This class format is an enhanced form of interval training, and a great form of a cardiovascular exercise for high calorie burning! HIIT consists of short intense bursts of exercise followed by less intense active recovery. This type of workout will improve strength and get your heart pumping.

Keep it Movin': Class is designed for anyone who may want a more gentle approach to fitness. Music from the 40s, 50s and 60s provides the inspiration to get moving! Low impact, strength training and balance work combined with a fun atmosphere.

Pilates: A method of body conditioning, Pilates combines the benefits of weight training, tai chi, yoga, and meditation. Pilates provides strength, flexibility and empowerment to all who take this class.

Poolaties: This pool class has it all, cardio, pilates, water resistance and so much more. This class is great for low impact and engaging all muscle groups.

Power Pump: Exclusive to ACSC, this format was designed to combine the best of weight room lifting and group exercise. This class will use dumbbells, resistance tubing, exercise balls, and weights bars with optional plates to add strength and define muscle mass.

Pump Pilates: First 15 min of class is devoted to strength training for the entire body. The rest of the class you will focus on the core of your body using Pilate's moves to work into the abdominal, back and gluteus muscles.

Stretch and Strengthen: The best of both worlds. This hour workout brings you integration for yoga poses and Pilates moves that will encourage strength, flexibility, balance and power. The challenge, created to improve muscle strength and endurance, will be contrasted with an experience of relaxation and calm. This class will introduce you to an effective way of reducing and releasing stress as well as developing a new acceptance and respect for your body.

Yoga: Appropriate for everyone at any fitness level or age. Strength, flexibility and relaxation are combined to achieve mind/body health and total performance.

Zumba: Combination of high-energy dance moves and Latin music. No dance experience required.